AUTODOC CLUB

How to change rear upper arm on **BMW X5 E53** – replacement guide

VIDEO TUTORIAL



Important!

This replacement procedure can be used for:
BMW X5 (E53) 4.4 i, BMW X5 (E53) 3.0 d, BMW X5 (E53) 4.6 is, BMW X5 (E53) 3.0 i, BMW X5 (E53) 4.8 is

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The steps may slightly vary depending on the car design.

REPLACEMENT: REAR UPPER ARM – BMW X5 E53. LIST OF THE TOOLS YOU'LL NEED:



- Wire brush
- WD-40 spray
- Copper grease
- Combination spanner #16
- Combination spanner #18
- Drive socket # 8
- Drive socket # 18
- Wheel impact socket #19
- Ratchet wrench
- Torque wrench
- Crow bar
- Hydraulic transmission jack
- Wheel chock

BUY TOOLS

Replacement: rear upper arm – BMW X5 E53. Tip from AUTODOC experts:

- The replacement procedure is identical for the right and left upper control arms.
- All work should be done with the engine stopped.

REPLACEMENT: REAR UPPER ARM – BMW X5 E53. RECOMMENDED SEQUENCE OF STEPS:

1 Secure the wheels with chocks.



2 Loosen the wheel mounting bolts. Use wheel impact socket #19.



3 Raise the rear of the car and secure on supports.



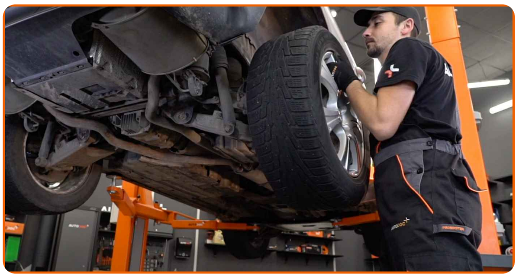
4 Unscrew the wheel bolts.



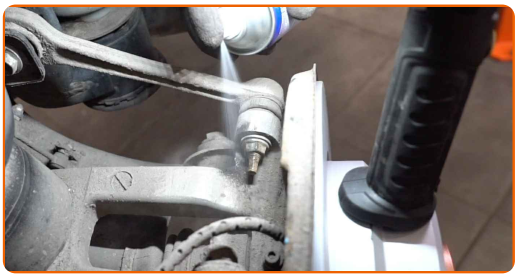
Replacement: rear upper arm – BMW X5 E53. Tip:

- To avoid injury, hold up the wheel when unscrewing the bolts.

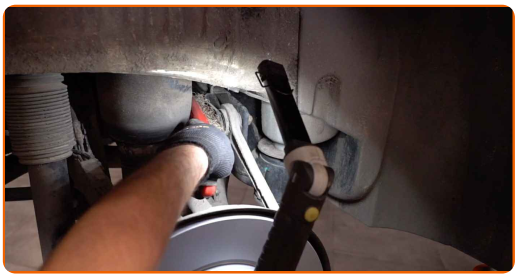
5 Remove the wheel.



6.1 Clean all joints of the arm. Use a wire brush.



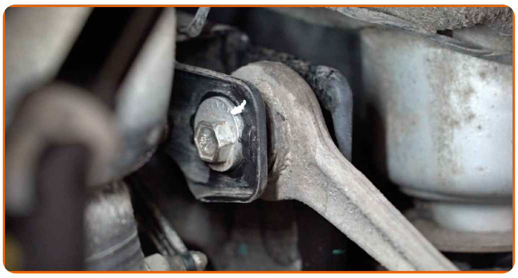
6.2 Treat all joints of the arm. Use WD-40 spray.



AUTODOC recommends:

- Replacement: rear upper arm – BMW X5 E53. After applying the spray, wait a few minutes.

7 Make a mark on the crossmember and on the camber adjustment bolt.



8 Unscrew the rear upper arm fastener from the stub axle. Use a drive socket #8. Use a combination spanner #16. Use a ratchet wrench.



9 Unscrew the arm fastening to the beam. Use a drive socket #18. Use a combination spanner #18. Use a ratchet wrench.



10 Remove the fastening bolt. Use a crowbar.



11 Remove the ball joint from the knuckle.



12 Remove the rear upper arm. Use a crowbar.



13 Clean the mounting seats and the thread of the suspension arm. Use a wire brush. Use WD-40 spray.



14 Mount the rear upper arm.



Replacement: rear upper arm – BMW X5 E53. AUTODOC recommends:

- During the installation process, use only new bolts and nuts.
- Do not damage the ball joint cover.

15 Install the ball joint to the knuckle. Use a crowbar.



16 Install the control arm fasteners.



17 Tighten the arm fastening to the beam. Use a combination spanner #18. Use a torque wrench. Tighten it to 59 nm torque.



18

Support the arm. Use a hydraulic transmission jack.



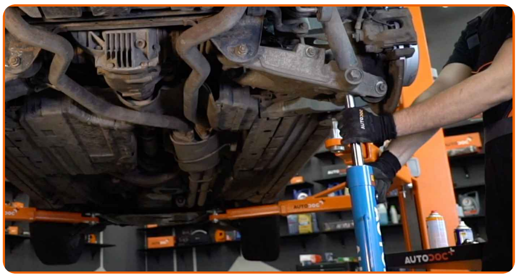
19

Tighten the control arm fastener to the stub axle. Use a drive socket #16. Use a torque wrench. Tighten it to 56 nm torque.



20

Remove the support from under the arm.



AUTODOC recommends:

- Replacement: rear upper arm – BMW X5 E53. Lower the transmission jack smoothly, without jerks, to avoid damaging components and mechanisms.

21

Clean the wheel rim mounting seat. Use a wire brush. Treat the contacting surface. Use copper grease.

22 Install the wheel.



Replacement: rear upper arm – BMW X5 E53. AUTODOC experts recommend:

- To avoid injury, hold up the wheel when screwing in the fastening bolts.

23 Screw in the wheel bolts. Use wheel impact socket #19.



24 Lower the car and working in a cross order, tighten the wheel bolts. Use a torque wrench. Tighten it to 140 nm torque.



25

Remove the jacks and chocks.

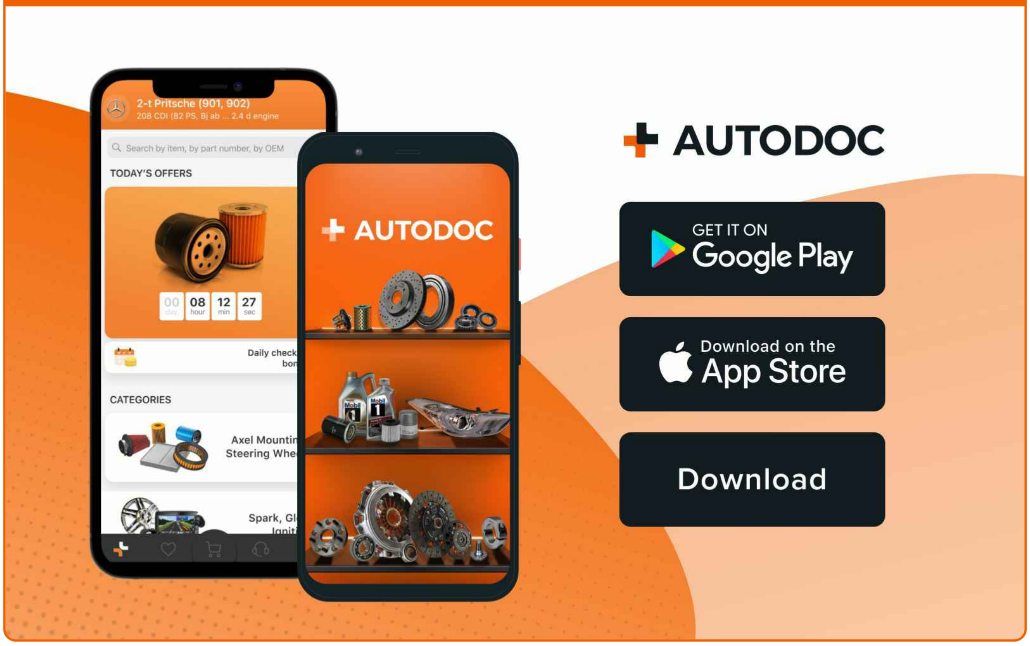


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